

The Kentucky Bicycle and Bikeway Commission Grant Program Application Form

Name of Organization: Whitley County Health Department

Address: 368 Penny Lane

City: Williamsburg State: KY ZIP Code: 40769

Phone: (606) 549-3380 E-mail: Katharine.lay@ky.gov

Contact Person: Katharine Lay Title: Health Educator

Brief Description of Your Organization and Its Goals and Objectives:

The Whitley County Health Department serves as the fiscal agent for the Whitley County Healthy Community Coalition and Bicycle committee our goal is to encourage a healthier Whitley County reducing obesity and promoting biking and walking for a mode of transportation.

Project for which funding is requested: Ward Correll Wellness Center Bike Share Program

Amount Requested: \$14,539.00 If approved, funds are needed by what date? Spring 2017

If approved, the check should be disbursed to: Whitley County Health Department

Address: 368 Penny Lane

City Williamsburg State KY ZIP Code 40769

Federal ID # 61-1031769 or Social Security # _____

Attach a brief description of project: Include:

(a) How this program or project fits the purposes of Kentucky Bicycle and Bikeway Commission Grant Program vision statement

(b) If this is a new project or program or a continuation of an existing one New Project

(c) Who will be responsible for the project or program? Josh Hatfield Director of Ward Correll Health Ctr. Kathy Lay, Whitley County Health Department for grant steps

(d) If the request is for a onetime project or for an ongoing program. Ongoing

(e) Describe the system(s) to be put in place to measure the results of the program. Using qualitative and quantitative measurements. Log books, check in and check out, survey given to participants on their experience with the Bike Share Program.

**Paula Nye Memorial Education Grant
Whitley County Healthy Community/Coalition/Williamsburg Bicycle Coalition**



Whitley County Healthy Community Coalition/Williamsburg Bicycle Coalition

Paula Nye Memorial Education Grant Proposal 2016

The Whitley County Healthy Community Coalition has been in existence since 2011 and has representation from local businesses, schools, government agencies, and members in the community that are concerned about the health of Whitley County. The group looks for ways to help Whitley County residents become healthier.

One method identified by the Coalition to improve health is getting more people physically active by utilizing alternate forms of transportation other than driving a car such as walking and biking. The cities of Corbin and Williamsburg, KY which are located in Whitley County's infrastructure are not designed for using a bike or for walking from point A to B at this time.

Although Corbin City has a Master Pedestrian Plan, there remains much work to be done. Phase 1 of their plan is close to completion. The City of Williamsburg has an urgent need for a plan because of streets that do not have sidewalks or the sidewalks in place desperately need repair. Individuals in the community do not feel safe when riding a bike on the roads, and therefore they do not use them.

The City of Williamsburg also has college and middle/high school students that run track and travel daily by foot for distance runs for competition. The University of the Cumberlands has many dorms filled with bike racks, but no one feels safe to own and ride bikes because of no designated bike routes or safe places to ride. Making the community a place where people feel safe to get out and walk or ride their bikes and thus becoming more physically active is our goal.

The Whitley County Healthy Community Coalition is working on implementing a pedestrian plan for walking and biking. This plan includes providing more education about the importance of sharing the road with pedestrians and cyclists for safety for those who wish to become more physically active and improving their health.

One of the projects that we are currently working on is getting more bike racks in the parks, around town and to stores in the area. The Williamsburg Bicycle Committee met on January 15, 2016 to plan an upcoming spring Mother Earth Bike Ride in Celebration of Earth Day in April

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2016. The last community bike ride was the Night of the Living Tread held in October 2015, with one hundred people participating.

Brief Project Description:

The Whitley County Healthy Community Coalition intends to create more of a bike culture in our community. The University of the Cumberland's Ward Correll Health and Wellness Center, which opened in October of 2015 and is currently free to the community. They would like to partner with our coalition to create a check out bike program at the new center. This program will be opened throughout the year. The Director believes that this will tie in nicely with their fitness goals not only with the college but with the community to get more people physically active. Bicycles will be purchased along with a bike rack at the Wellness Center.

A small amount of the grant funds will be for bike maintenance with a local bike shop to maintain bicycles to operate safely. Media campaigns about the program will be in the local newspaper, and radio announcements will be utilized to publicize it and to educate the community on bike laws, safety, and the benefits of bicycling and walking. Bike racks are needed throughout the two cities of Corbin and Williamsburg, and there is a need to promote motorist awareness of sharing the roads and creating a bike culture in our community. Many people in the community would ride bikes if they had a place with a bike rack and a way to lock them up. The bicycle racks will be welded and put together by The Whitley County High School Welding Class.

The proposed bike project coincides with the Paula Nye Memorial Bicyclist and Pedestrian Education Grant guidelines.

- The project will promote bicycle and pedestrian safety for Motorists to Share the Road; provide a local newspaper and radio commercial to be played for 3 months.
- Create a brochure with bike safety laws and bike routes located around Whitley County Kentucky.
- A safety and education course will be provided at upcoming bike rides to educate bicyclists on bike safety before the event.

The project will promote the health and recreational benefits of biking by:

- Implementing a bicycle share program for the community managed by the University of the Cumberland's Ward Correll Health and Wellness Center.
- Increase the number of bicycle racks around the city and county.
- Bicycle racks will be welded and created by the Whitley County High School Welding class;
- Bicycle Maintenance from Gonzo Bike Shop to maintain bikes upkeep and safety.

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- Locks for each of the bicycles at the University of the Cumberland's Wellness Center (Wellness Center Director Josh Hatfield) to lock bikes and be taken by the person that uses the bike at bike rack locations.

Project Description

Currently in the Cities of Corbin and Williamsburg, KY, there is no bike share program. Quantitative survey data was collected by the Whitley County Healthy Community Coalition in 2015 from a total of 210 participants taking an online survey from the Cities of Corbin and Williamsburg Kentucky. The survey revealed that insufficient sidewalks (72.86%), no bike lanes (59.2%), and high traffic areas (48.57%) along with not feeling safe (44.76%) discouraged many pedestrians in Whitley County from walking or riding a bicycle. 99.05% of the total individuals taking the survey had a motor vehicle.

The University of the Cumberlands' Health and Wellness Center will manage the bike share program for community citizens and college students. Local bike rides and events are implemented by the Williamsburg Bicycle Coalition to provide safety demonstrations before rides. Grant funds will provide for the purchase of 20 bicycles in the bike share program, locks and helmets for participants that check out the bikes, and maintenance from the Gonzo Bike Shop. Funds will also be utilized to purchase supplies for making the bike racks by the Whitley County High School Welding Class.

The Whitley County Healthy Community Coalition Coordinator will oversee and ensure that all grant goals and sub-goals are met and conduct the necessary reporting for this grant. Williamsburg Tourism Center will work with the Whitley County Health Department to create the brochures for bike routes and safety guidelines which will be provided to cyclists in the bike share program and by the Tourism Center. Whitley County Healthy Community Coalition will be responsible for community education through newspaper and radio ads, and by distributing brochures on bike safety and on sharing the road with cyclists. Social media will be used to publicize the program and to create the awareness of bike safety laws to cyclists and motorists in Whitley County Kentucky.

Is this a new project or a continuation of an existing one?

The Whitley County Healthy Community Coalition has been in existence since 2011, and has been using the Mobilized for Action through Planning and Partnerships (MAPP) tool to conduct a comprehensive community health assessment. Whitley County Health Data indicates that Adult prevalence of obesity is 33%, lack of physical activity (% of adults 20 and older reporting no leisure time for physical activity) is 35%, and early childhood obesity (age 2-4 years), 24.2%.

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Pedestrian and Bicycle Survey qualitative data for 2015 revealed that 210 community citizens do not walk or exercise due to the following variables: insufficient sidewalks or no sidewalks, no bike lanes, high traffic areas, insufficient signing, lack of handicap accessibility, and residents not feeling safe.

Who will be responsible for the project?

There are multiple partners for this project: University of the Cumberland's Wellness Center will be responsible for the bike check out program; Gonzo Bike Shop will do bicycle maintenance and inspection twice monthly to ensure safety and replace parts as needed. Gonzo will order and deliver bicycles for the bike check out program by the University of the Cumberland's Wellness Center; Whitley County High School will make and weld bike racks for different locations in the Cities of Williamsburg and Corbin, Kentucky. The bike racks will be painted by area art classes for more partnering in the community.

The 10 bike racks will be designed to house 5 bikes in each section and they can be bolted together to make a longer bike rack that will make it easier for delivery. The Bike Rack Plan will be provided by the Whitley County Healthy Coalition/ and Bicycle Coalition. Whitley County Healthy Community Coalition/Whitley County Health Department and Williamsburg Bicycle Coalition will ensure education is provided through social media, newspaper and radio ads, and will assist the Williamsburg Tourism Center with the design of brochures to be disseminated in the bike share program and by city tourism. Kathy Lay, (Whitley County Healthy Community Coalition) and Cortney Moses (Whitley County Extension) will coordinate with community partners and make sure necessary grant steps are implemented and reporting procedures are met and evaluated.

Is this a onetime project or for an ongoing program?

The bike share program with the University of the Cumberland's will be an ongoing program. The education media campaign will be throughout the year. This project will be sustainable from community partner contributions and other grant opportunities.

Describe the systems to be put in place to measure the results of the program?

The expected outcomes for this project are:

- To increase bicycle access and usage
- To increase the number of people in the community who do physical exercise
- To increase awareness of bike laws and safety through public media campaigns
- To increase the number of bike racks used at businesses

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- To create more community partners for the Whitley County Healthy Community Coalition
- To increase the awareness of bike routes in Whitley County through education
- The project evaluation plan will include different methods of data collection: University of the Cumberlands will collect data on the number of bicycles checked out each month. A short survey will be provided when the bicycle is checked back in to evaluate the experience of the person checking out the bike. Attendance records of those participating in the community bike rides and receiving education on bike safety and instruction will be gathered. The Williamsburg Bicycle Coalition will develop another survey for feedback from the community on the new Bike check out program.

Whitley County Healthy Community Coalition/Williamsburg Bicycle Coalition contributors:

Whitley County Health Department
Williamsburg Tourism Center
Whitley County Extension Office and Fine Arts
Williamsburg Main Street Program
Whitley County High School
City of Williamsburg Kentucky
City of Corbin Kentucky

Paula Nye Memorial Education Grant 2016
Project Description and Budget

Whitley County Healthy Community Coalition

Whitley County Healthy Community Coalition Bike Share Program Budget

Materials	Quote	Quantity	Total
Crossroads Women's Bicycle	\$340.00	10	\$3400.00
Crossroads Men bicycle	\$340.00	10	\$3400.00
Water bottle cage	5.45	20	\$109.00
Bike Helmets	10.00	20	200.00
Maintenance parts and Monthly checks 2x per month for monitoring and upkeep of bicycles to ensure safety and dependability. Gonzo Bike Shop (Corbin KY)	340.00	12 months	\$4080.00
Bike Racks Supplies	\$100.00	10	\$1000.00
Rack Paint	\$200.00		\$200.00
Bike locks	\$ 15.00	20	\$300.00
Marketing Campaign			
Newspaper Ads and	\$150.00	2	\$300.00
Radio Commercials	\$350.00	3	\$1050.00
Brochure for Tourism on bike routes	\$500.00	450	500.00
Total			\$14,539.00

Request for Taxpayer Identification Number and Certification

Give Form to the
requester. Do not
send to the IRS.

Print or type
See Specific Instructions on page 2

Name (as shown on your income tax return)

Whitley County Health Department

Business name/disregarded entity name, if different from above

Whitley County Home Health

Check appropriate box for federal tax classification:

☐ Individual/sole proprietor ☐ C Corporation ☐ S Corporation ☐ Partnership ☐ Trust/estate

☐ Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶

☒ Other (see instructions) ▶

Government, not-for-profit

Exemptions (see instructions):

Exempt payee code (if any) _____

Exemption from FATCA reporting
code (if any) _____

Address (number, street, and apt. or suite no.)

368 Penny Lane

City, state, and ZIP code

Williamsburg, Kentucky 40769

List account number(s) here (optional)

Requester's name and address (optional)

Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on the "Name" line to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN* on page 3.

Note. If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.

Social security number

____ - ____ - _____

Employer identification number

6 1 - 1 0 3 1 7 6 9

Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and
3. I am a U.S. citizen or other U.S. person (defined below), and
4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 3.

Sign
Here

Signature of
U.S. person ▶

Cynthia R. Rice, Ash

Date ▶

2/19/16

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Future developments. The IRS has created a page on IRS.gov for information about Form W-9, at www.irs.gov/w9. Information about any future developments affecting Form W-9 (such as legislation enacted after we release it) will be posted on that page.

Purpose of Form

A person who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, payments made to you in settlement of payment card and third party network transactions, real estate transactions, mortgage interest you paid, acquisition or abandonment of secured property, cancellation of debt, or contributions you made to an IRA.

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:

1. Certify that the TIN you are giving is correct (or you are waiting for a number to be issued),
2. Certify that you are not subject to backup withholding, or
3. Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the

withholding tax on foreign partners' share of effectively connected income, and

4. Certify that FATCA code(s) entered on this form (if any) indicating that you are exempt from the FATCA reporting, is correct.

Note. If you are a U.S. person and a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

Definition of a U.S. person. For federal tax purposes, you are considered a U.S. person if you are:

- An individual who is a U.S. citizen or U.S. resident alien,
- A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,
- An estate (other than a foreign estate), or
- A domestic trust (as defined in Regulations section 301.7701-7)

Special rules for partnerships. Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax under section 1446 on any foreign partners' share of effectively connected taxable income from such business. Further, in certain cases where a Form W-9 has not been received, the rules under section 1446 require a partnership to presume that a partner is a foreign person, and pay the section 1446 withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid section 1446 withholding on your share of partnership income.

Gonzo Speed Shop

1701 S Main St. • Corbin, KY 40701 • Phone: (606) 344-9929
E-Mail: gonzospeedshop@outlook.com Web: gonzospeedshop.com



Date: 1/29/16

Dear Paula Nye Memorial Grant:

Gonzo Speed Shop could not be more excited about the potential opportunity to be a part of your grant and providing a way for the local community to have access to excellent bicycles. We sell *Specialized Bicycles*, which is arguably the most premier bicycle brand in the world, holding countless championships and making quality bicycles for many years. Here at Gonzo Speed Shop, we believe that being fit and active is, in fact, a lifestyle. Many people loathe the idea of running or going to a gym; however, we have witnessed bicycles bridge that gap from the couch to the outdoors. In addition, these bicycles will also provide a mode of transportation to the local community.

We have been working closely with surrounding government officials on the introduction of bike lanes and increasing the accessibility of roads to cyclists in the area. This has greatly increased the safety of the riders and increased awareness of bicycles serving as a legitimate mode of transportation. Gonzo Speed Shop strives to grow the culture of cycling and do so in a safe, effective manner.

After the purchase of the bicycles to be used in the program, we are more than happy to maintain/service those bicycles to ensure the enjoyment of each user. We will be able to service the bicycles every other week and be available if the need arises in-between those times. We are eager to see the bicycles in use as a tool for a healthy, active lifestyle and also as a means of transportation and would like to thank you again for this opportunity.

Sincerely,

Colby Wilson
Owner
Gonzo Speed Shop, LLC

UNIVERSITY of the CUMBERLANDS

March 2, 2016

To: Paula Nye Memorial Educational Grant Committee:

I am writing this letter of support for the grant proposal from the Whitley County Healthy Community Coalition to implement a bike share program in our new Ward Correll Health and Wellness Center located on the University of the Cumberland's main campus. The new facility serves students, faculty and staff; the facility is free and open to anyone over the age of 18. We are excited to have this partnership with the Whitley County Healthy Community Coalition to provide the bicycling program to encourage better health, more physical activity in our community, and promote bicycling as a mode of transportation in the City of Williamsburg Kentucky.

Our mission statement aligns with the position on the value of work and service to others. One of the components with our mission is the service/work and leadership position, which is centered in the belief that students must be placed in positions where they may experience opportunities for service and leadership. The bike share program is a great opportunity for students to take part in the college works-study program to help with this endeavor.

If you have any questions please free to call me at the contact information listed below.

Sincerely,



Emily Coleman

Vice President for Student Services

606-539-4171

emily.coleman@ucumberlands.edu

OFFICE OF STUDENT SERVICES

7197 College Station Drive • Williamsburg, Kentucky 40769-1382 • Tel: 606-539-4230 • www.ucumberlands.edu



WARD CORRELL HEALTH AND WELLNESS CENTER

The Ward Correll Health and Wellness Center is now open on the campus of University of the Cumberlands. In addition to serving students, faculty and staff, the facility is free and open to anyone over the age of 18.

The 5,000 square foot facility, located on the bottom floor of the Boswell Campus Center, features brightly colored walls, brand new exercise equipment, free weights and fitness classes.

The Health and Wellness Center features over 50 pieces of exercise equipment, including treadmills, free weights and elliptical machines. The game room has three pool tables, a ping pong table and an air hockey table.

The Health and Wellness Center is open daily. Monday to Friday hours of operation are 7 a.m. to 10 p.m., Saturday hours are 10 a.m. to 10 p.m. and Sunday hours are 1 p.m. to 10 p.m.

For more information about the Ward Correll Health and Wellness Center, call 606.539.3554 or email Josh Hatfield at josh.hatfield@ucumberlands.edu.

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